



LIVING A HEALTHY LIFE WITH DIABETES

**You can still live a full and active life with diabetes.
The more you know about diabetes,
the more power you have over your health.**

**These AmeriHealth Caritas District of Columbia (DC) programs
can help you manage your diabetes and your weight,
and maintain your fitness goals, at no cost to you.**

**For more information about these programs, please call our
Community Outreach Solutions team at 202-216-2318.**


AmeriHealth Caritas
District of Columbia

SEPTEMBER 2025



ICON KEY

These programs all have multiple benefits that help manage or prevent diabetes. Use the icons below to find the programs that are right for you!



PREVENTION
These programs help you learn lifestyle changes that can improve your health and prevent diabetes.













NUTRITION
These programs help manage and prevent diabetes by helping you eat healthy.



FITNESS
These programs will help you get and stay fit — an important part of diabetes management.



EDUCATION
These educational programs will teach you how to build healthier habits — from cooking to fitness to medication management.

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Our health programs are available at our main office and in neighborhoods around DC.

Need to meet with us in person? Call the Community Outreach Solutions team at 202-216-2318 to schedule a visit. We can also help you sign up for wellness programs.

Visit us at:
1201 Maine Ave SW, 10th Floor
Washington, DC 20024



FITNESS CLASSES

Exercise is a great way to lower your risk of diabetes. Getting active for just 2.5 hours a week, such as going for a brisk walk, can help maintain your weight and blood sugar.

How it works:

- Attend a weekly fitness class.
- Have fun burning calories, dancing, and getting fit with other enrollees!

Visit www.amerhealthcaritasdc.com/events
or call 202-216-2318 to learn more.



MEDICALLY TAILORED MEALS (MTM)

AmeriHealth Caritas DC partners with dietitians to offer hands-on healthy cooking classes. You'll get to cook a healthy meal and enjoy it after class!

How it works:

- A nutritionist leads a small group in a hands-on session to cook a healthy meal.
- After you cook, you'll get to enjoy the meal you just prepared.
- As part of the class, you get to keep any leftovers and take home the fresh ingredients you used in class, so you can recreate your meal at home!

Visit www.amerihealthcaritasdc.com/events or call 202-216-2318 to learn more.



NUTRITION CLASSES

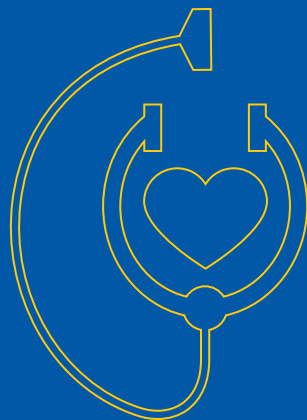
Our monthly nutrition classes can help you make changes to your diet and manage your weight.

How it works:

- A health educator facilitates this monthly class to help you with meal planning and budgeting for healthy food shopping.
- Skills taught include food shopping budgeting, meal planning, making healthy food choices, and ways to increase physical activity.

Visit www.amerihealthcaritasdc.com/events or call 202-216-2318 to learn more.





HOWARD UNIVERSITY DIABETES TREATMENT CENTER

The Diabetes Treatment Center at Howard University Hospital provides free diabetes classes and an online diabetes prevention class.

How it works:

- If you have diabetes, you have the option to take two types of classes at Howard University Hospital.
- One-hour diabetes and nutrition classes are held Mondays – Thursdays.
- Group diabetes education classes are held the third week of every month, Tuesday – Thursday.
- Classes focus on healthy eating, weight-loss tips, and diabetes education.
- If you have pre-diabetes, you can take an online diabetes prevention class to help manage your weight and nutrition.

Ask your provider or an AmeriHealth Caritas DC care manager for more information.

LA CLÍNICA DEL PUEBLO CLASSES



“TOMANDO CONTROL DE TU SALUD”

(Taking Control of Your Health)

These classes help you manage your weight and nutrition.

How it works:

- Classes are six weeks long.
- Topics include fitness, goal-setting, healthy eating, and medication management.



ROAD TO HEALTH

This six-week program is for Spanish-speaking enrollees to learn about losing weight and staying healthy.

How it works:

- You'll work with health educators to learn about healthier habits.
- Class topics include healthy eating, exercise, and weight-loss tips.

These classes are in Spanish ONLY.

Visit www.amerihealthcaritasdc.com/ events or call 202-216-2318 to learn more.





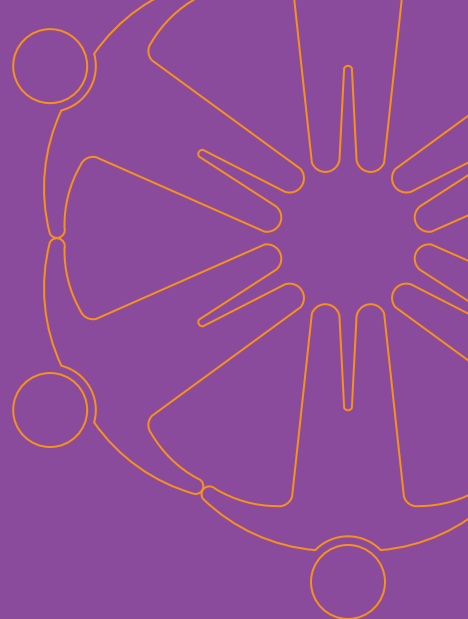
WELLNESS CIRCLES

Don't run around in circles trying to manage your diabetes and hypertension (high blood pressure) alone. Our Wellness Circles can help you learn how to better manage your overall health.

How it works:

- The Wellness Circles consist of six to eight interactive workshops conducted over a 3-month period led by community health and wellness experts.
- Topics include ways to lower your blood sugar, make better food choices, meal planning, exercise, and health education.

Ask your provider or an AmeriHealth Caritas DC care manager for more information.



HOME-DELIVERED MEALS

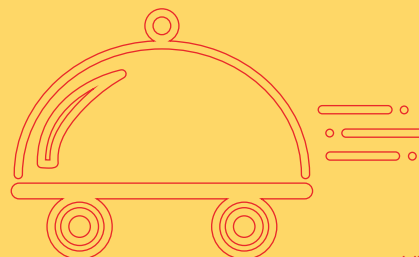
Being overweight or obese can raise your risk of diabetes. If you are overweight, losing 5% of your starting weight may prevent or delay the disease and improve your health. With our meal delivery program, you get delicious food that also promotes weight loss.

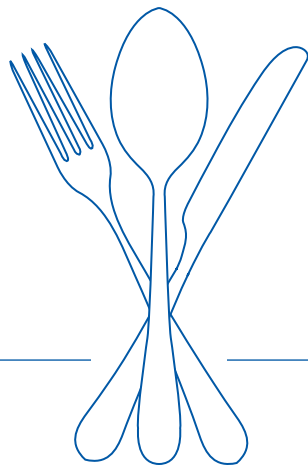
How it works:

- There are four types of meal deliveries:
 - Meal delivery for pre-diabetics and uncontrolled diabetics
 - Meal delivery for pregnant enrollees
 - Meal delivery for pregnant enrollees with diabetes and/or hypertension
 - Meal delivery for enrollees who have recently left the hospital
- While enrolled in the program, enrollees receive hands-on lessons on nutrition and healthy cooking.

Ask your provider or an AmeriHealth Caritas DC care manager for more information.

Need specialized assistance related to your healthcare? Call Complex Case Management at 202-408-2233.





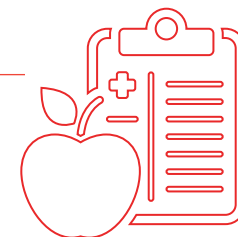
NUTRITION WRAPAROUND PROGRAM

Our six-week nutrition program will help you cook healthier meals and provide food shopping tips.

How it works:

- A registered nutritionist will provide you with:
 - Three one-on-one nutrition counseling sessions
 - An individualized meal planning session
 - A pantry review
 - Healthy shopping tips
 - A “cook at home” class with tips on portion control and setting the table for a healthy meal

Ask your provider or an AmeriHealth Caritas DC care manager for more information.



DIETITIAN SERVICES

Eating right and health go hand-in-hand. In addition to our Nutrition Wraparound Program, we offer a condition-appropriate dietitian program.

How it works:

- Your provider or AmeriHealth Caritas DC care manager refers you to the program.
- You are paired with a dietitian for one-on-one sessions to help you develop a nutrition plan to manage your weight and blood sugar.
- Our dietitian works with you to help you make individualized grocery lists and meal plans that meet your health needs.

Ask your provider or an AmeriHealth Caritas DC care manager for more information.



RelyMD

RelyMD is an AmeriHealth Caritas DC provider that offers our enrollees access to healthcare professionals for urgent care, by phone or video chat. This service is available 24 hours a day, seven days a week.

Enrollees can access RelyMD three ways:

1. Use your RelyMD app on your mobile device.*
2. Call RelyMD at **1-855-879-4332**.
3. Visit **www.relymd.com**.



**Message and data rates may apply based on any agreements you have with your network service provider.*

How it works:

- A provider will review the medical history you provide and contact you within minutes. The current average callback wait time is around 30 minutes or less.

Please visit www.relymd.com for details.

DISPATCHHEALTH



Enrollees can receive urgent medical care at home with AmeriHealth Caritas DC provider DispatchHealth.

How it works:

- DispatchHealth is available seven days a week, including holidays, from 7 a.m. – 9 p.m. To schedule an appointment, call 844-228-0154 or book online at www.dispatchhealth.com.
- Your DispatchHealth care team will arrive at your home within three hours with everything needed to treat your illness or injury.

Visit www.dispatchhealth.com for more details.

Questions?

Contact the AmeriHealth Caritas DC Community Outreach Solutions team at 202-216-2318 for more information or to meet with us in person. We can also help you sign up for wellness programs.

Visit us at: 1201 Maine Ave SW, 10th Floor, Washington, DC 20024.

Connect with us on:

Instagram @amerihealthcaritasdc
Facebook @amerihealthcaritasdc
X @AmCaritas

AmeriHealth Caritas District of Columbia complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex characteristics, including intersex traits; pregnancy or related conditions; sexual orientation; gender identity, and sex stereotypes (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)). AmeriHealth Caritas District of Columbia does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

English

If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

Español

Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190)**, línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

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Tiếng Việt

Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190)**, 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

繁體中文

如果您不會講或讀英文，請致電 **1-800-408-7511 (TTY 1-800-570-1190)**，此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

한국어

영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-800-408-7511 (TTY 1-800-570-1190)**번으로 전화하십시오. 직원이 도와드릴 것입니다.

Français:

Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511 (TTY 1-800-570-1190)**, disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

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www.amerihealthcaritasdc.com
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